

Fitness Journal - 10 extra credit points

This is an extra credit assignment ---- if completed you can earn **10 extra credit points!**

To Earn All **10 Points** You Must;

- ★ Keep a fitness journal for **1 WEEK [7 DAYS]**.
- ★ You & your parents/guardians must sign this Fitness Journal and turn it into Ms. Salter or Mr. Malik in order to get all your points.
- ★ Your fitness journal must have ~
 - ✱ Fitness related exercises that explain how you exercised during the 7 days.
 - ✱ The fitness journal **must** list **the specific muscle(s)** that you used to exercise each day.
 - ✱ The fitness journal must have all 7 days completed. That is Monday – Sunday.
 - ✱ The fitness journal must show that you exercised more than **30 minutes** each day.
- ★ Student – Parent/Guardian Signature ~
 - ✱ Students signature _____
 - ✱ Parent / Guardian Signature _____

~ IF YOU NEED ADDITIONAL SPACE PLEASE USE THE BACK OF THIS SHEET!

~ Monday

~ Tuesday

~ Wednesday

~ Thursday

~ Friday

~ Saturday

~ Sunday